

Collagenous Gastritis Treated with Open Capsule Budesonide

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Introduction

- Collagenous gastritis is a rare condition characterized by chronic inflammation and collagen deposition in the gastric mucosa.
- It remains etiologically elusive, with highly variable clinical outcomes and no recognized therapeutic approach.
- We present a patient with advanced collagenous gastritis accompanied by collagenous colitis and celiac sprue with a dramatic clinical and histological response to therapy.

Case Report

- A 49-year-old previously healthy female presented with 3 weeks of diarrhea, abdominal cramping, and loss of appetite.
- Stool studies for common pathogens were negative and colonoscopy showed normal-appearing mucosa. Random biopsies, however, revealed collagenous colitis and the patient was prescribed bismuth subsalicylate.
- Due to lack of response, she was switched to budesonide delayed release capsules, which also failed to improve symptoms.
- Esophagogastroduodenoscopy (EGD) was performed following new-onset weight loss and depression, revealing white plaques in the gastric antrum (**Figure 1A**) and biopsy showed marked collagen deposition consistent with collagenous gastritis (**Figure 1B**).

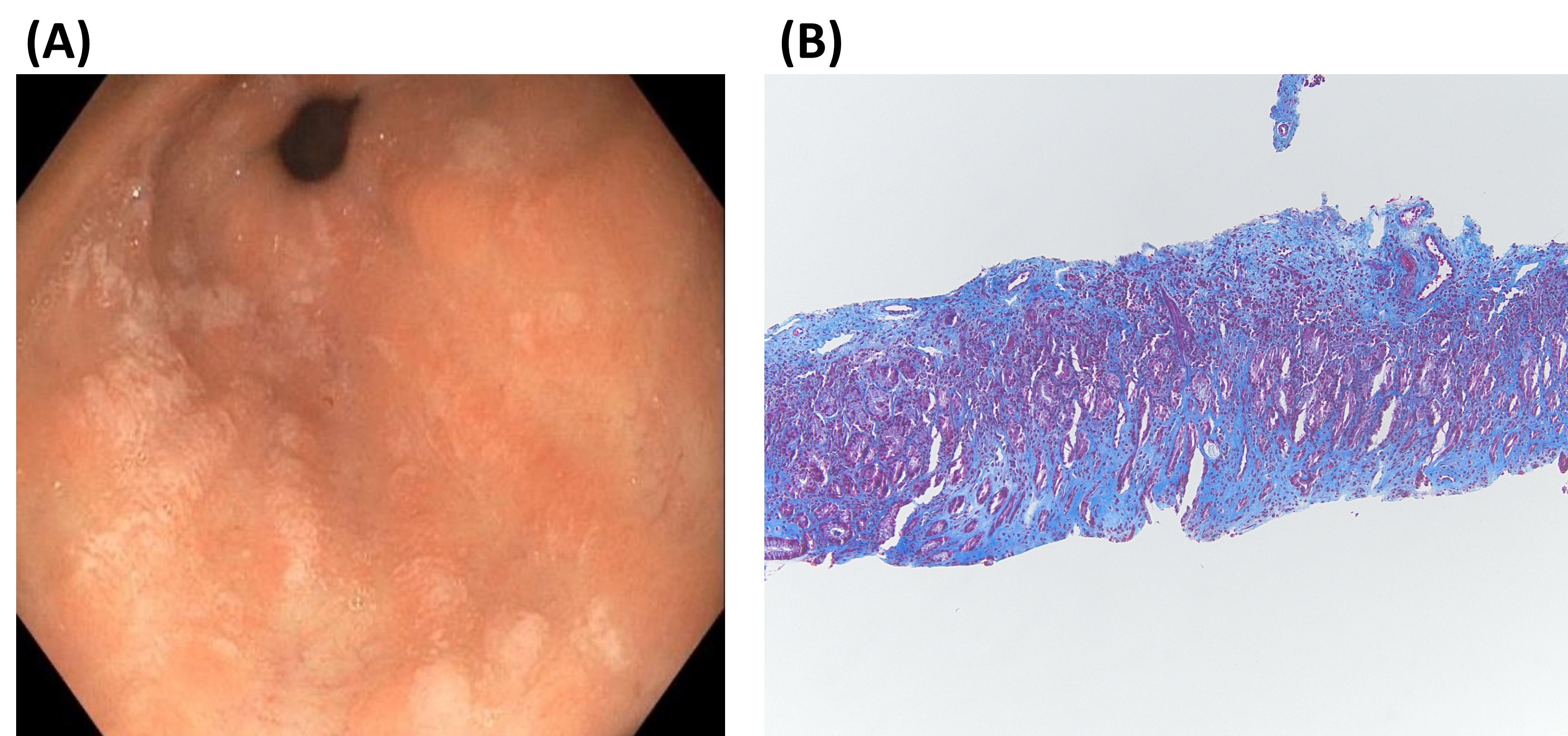


Figure 1. (A) White plaques in the gastric antrum. (B) Biopsy of stomach with trichrome stain showing marked collagen deposition consistent with collagenous gastritis.

- Duodenal biopsies incidentally showed villous blunting and intra-epithelial lymphocytosis with a sprue-like pattern. Increased tissue transglutaminase IgA antibody levels (139.6 U/mL) corroborated the impression of celiac sprue.
- Following 2 months on a gluten-free diet and budesonide, her symptoms resolved. She remained asymptomatic 1 year later.
- To assess mucosal healing, she underwent a repeat EGD and flexible sigmoidoscopy, showing histological normalization of the duodenal and colonic mucosa.
- However, persistent collagen deposition was noted in the stomach and she was thus restarted on budesonide with instructions to take the medication sprinkled in apple sauce (open capsule budesonide).
- An EGD 3 months later revealed interval improvement in the degree of gastric mucosal collagen but persistence of lymphocytic inflammation (**Figure 2**).

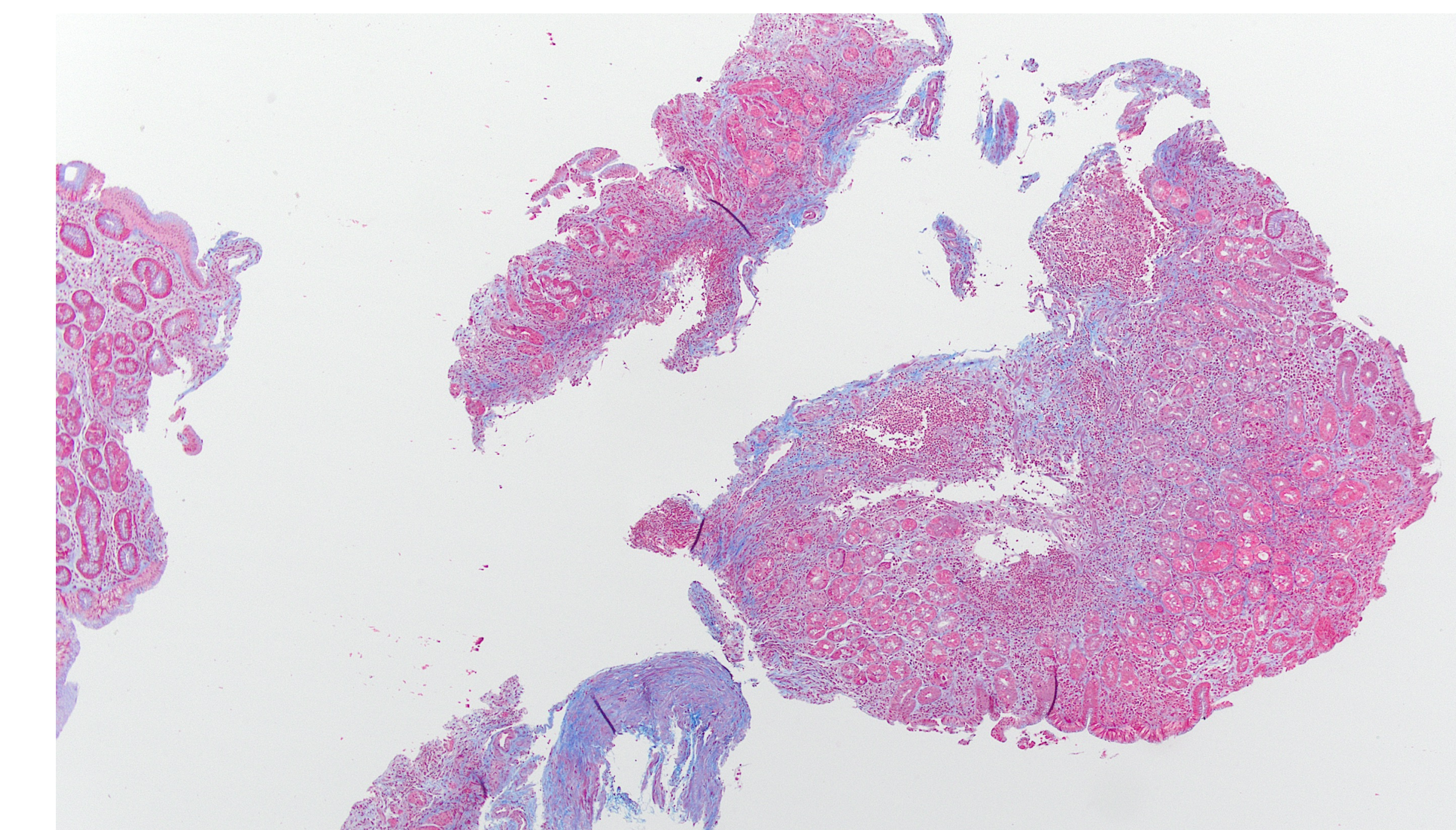


Figure 2. Interval improvement in the degree of gastric mucosal collagen but persistence of lymphocytic inflammation after open capsule budesonide treatment.

Discussion

- Collagenous gastritis is a rare disorder characterized by various patterns of collagen deposition in the gastric wall.
- Clinical symptoms may include abdominal pain, anemia, weight loss, diarrhea, nausea and vomiting, among others.
- A number of therapeutic agents have been utilized but there is no standardized therapy.
- This case illustrates clinical and histological improvement in a patient with collagenous gastritis treated with open capsule budesonide administration.

References

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